



## Lectio Divina

*A prayerful or reflective way of reading a text or looking at an image which allows God to speak through the experience and creates a space for me to respond*

- Begin by finding a place and a posture to read, see and pray.
- Recall, acknowledge and set to one side your preoccupations and distractions.
- In simple words, offer this time to God.

### reading

*lectio*

- Read the words slowly and reflectively, not being in haste to rush on, but letting each phrase or sentence sink into my consciousness, in no hurry to reach the end
- Meet the people in the reading and listen attentively to what they say
- Watch carefully the actions of each

### meditation

*meditatio*

- Reflect on what God might be saying to you through these words or images
- Note your response, in particular “I notice and dwell on those points where I felt greater consolation or desolation or had a greater experience in my spirit” (SpEx 62)
- Ask what profit I might gain from what I read, or see, or think

### response

*oratio*

- I speak to God my Lord “in the way one friend speaks to another – telling my concerns and asking counsel about them” (SpEx 54)
- I do not plan what to say but rather allow my thoughts and feelings to find expression in words and phrases, however incomplete or tentative
- I answer the Lord’s invitation to engage with him, however inadequately

### contemplation

*contemplatio*

- I am aware that sometimes I may be led beyond words and thoughts to a quiet and attentive resting in the presence of God
  - When this happens, I simply remain where God has led, not eager to move on, read more, or get through an agenda
  - I note that I may be led into contemplation at any stage of my prayer
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- Conclude by giving thanks to God for this time of reflection and prayer.
  - Say a familiar prayer to finish (eg. Our Father or Glory be to the Father).